

Reports

[Children and young people's patient experience survey 2024: national qualitative report](#)

This report, produced by Solutions Research and NHS England, shares national insights from qualitative thematic analysis of written responses to the NHS Patient Survey Programme, coordinated by the Care Quality Commission and Picker.

[Mental health services must act to reverse traumatic effects of racism, says new report](#)

A new report, Trauma-informed care and racialised communities finds that people from racialised communities face disproportionately high levels of trauma, and that public services meant to support them often reproduce this trauma rather than alleviate it.

Guidance

[Safeguarding children and young people & children and young people in care](#)

The RCN 2020 Safeguarding children and young people: roles and competencies for health care staff publication has been updated.

[Messaging best practice](#)

Everyone working in or with the NHS should follow best practice when writing and sending NHS App messages, text messages, emails and letters.

Briefings

[Fixing the front doors? Public perceptions of the NHS and general practice](#)

The latest in our series of surveys with Ipsos takes stock of public attitudes towards the NHS. In December 2025, we surveyed 2,214 people via Ipsos's UK KnowledgePanel. This briefing sets out the findings from this ninth wave of public polling.

Blogs

[Movement matters: why supporting physical activity in NHS staff is good for everyone](#)

In the demanding environment of the NHS, asking staff to find extra time for exercise can feel like 1 more burden on an already stretched workforce – much like telling someone who's burned out to simply be more resilient. Yet a few small changes can make a real difference to both staff wellbeing and patient care.

[The worse your mental health problem, the less sympathy you get – why?](#)

Some mental health conditions, such as anxiety, depression and ADHD, have become more accepted in society. People can now talk about them at work, at home and online and often be met with understanding.

[Behind the employment statistics: why early mental health support matters](#)

Over the course of my life, I've spent a lot of time out of school, university and work due to poor mental health. And I know I'm not alone.

[Strength training may be the key to healthy ageing](#)

Healthy ageing is about staying independent, maintaining mobility and continuing to enjoy everyday activities as you get older. For many people, what matters most is being able to get out of a chair without help, carry shopping home, climb the stairs and recover quickly after illness.

News

[Martha's Rule: core standards](#)

Martha's Rule has now been included in the NHS Standard Contract. Service Condition 33: Patient Safety of the NHS Standard Contract 2026/27 requires all NHS trusts and NHS foundation trusts to implement the 3 core components of Martha's Rule by 31 March 2027.

[Over 10,000 calls to Martha's Rule in first 16 months to trigger urgent review of care](#)

More than 10,000 calls have been made to Martha's Rule helplines in the first 16 months of the NHS scheme, saving lives and helping thousands of patients benefit from changes to their care.

[New study shows ChatGPT Health failed to identify medical emergencies](#)

There's been a lot of speculation and hype around the role of AI tools in medical care, with Dr. Oz going so far as to say AI avatars could meet healthcare needs in rural areas. In January, ChatGPT got into the health game and launched a new product called ChatGPT Health, "a dedicated experience in ChatGPT designed for health and wellness."

[Mind launches AI and Mental Health Commission](#)

Mind has announced that it will be launching an AI and Mental Health Commission. The commission will last for a year and looks to address concerns about AI from what the charity is seeing on the frontline. It also aims to support the nation in navigating one of the most significant technological shifts of our time.

[Mind launches inquiry into AI and mental health after Guardian investigation](#)

Exclusive: England and Wales charity to examine safeguards after Guardian exposed 'very dangerous' advice on Google AI Overviews.

[New polling shows public backs new NHS App functions, but many remain cautious about AI](#)

New polling from the Health Foundation's third annual health tech tracker survey shows that while the public backs most of the proposed new functions for the NHS App, many remain cautious around the use of artificial intelligence (AI) in health care.

[RCPsych uncovers £2.1million planned spending cuts for children's eating disorder services in England](#)

The prevalence of eating disorders in the UK has risen over the past six years, increasing from 6% of the population in 2019 to 7.5% in 2025. Yet despite this escalating need, new RCPsych analysis - published during Eating Disorders Awareness Week - reveals that 16 Integrated Care Boards (ICBs) in England are planning a total of £2.1 million in cuts, after adjusting for inflation, to children and young people's services this financial year.

[Strengthening our commitment to listening and acting on people's lived experiences](#)

Listening to, understanding and acting on the experiences of people using health and social care services is vital to delivering high-quality care.

[Funding boost to support patients to stay in and return to work](#)

Patients will receive better support to help them stay in and get back to work in areas of high economic inactivity.

[Continued rise of young people not earning or learning should be a wake-up call](#)

Commenting on the latest ONS data on the number of young people not in education, employment or training (NEET), Sam Atwell, Policy and Research Manager, Healthy Lives at the Health Foundation.

[Better access to GPs with same-day appointments for urgent care](#)

Patients to benefit from improved access to GP appointments under new contract backed by nearly £500 million.

[Mental Health Foundation condemns government policy to remove permanent refugee status](#)

The Mental Health Foundation has responded to the announcement from Home Secretary Shabana Mahmood that people who are successfully granted refugee status will be reviewed every 30 months.

[Davina McCall backs the Royal College of Psychiatrists' call for more action on menopause and women's mental health](#)

Today, the Royal College of Psychiatrists (RCPsych) has published its first-ever position statement on menopause and mental health.

[100+ organisations unite in calling for landmark Good Food Bill](#)

The Obesity Health Alliance has joined over 100 organisations – including campaign groups, major supermarkets, food businesses and investors – have united to urge the Government to introduce a Good Food Bill.

[Millions eligible for free shingles vaccine urged to come forward](#)

Fewer than half of adults are taking up their free shingles vaccine in the first year of being eligible, according to latest UK Health Security Agency (UKHSA) data.

[National flu immunisation programme plan 2026 to 2027](#)

The annual flu letter describes the national flu immunisation programme and outlines which groups are eligible for flu vaccination.

[Government "Swap to stop" scheme sees approximately 125,000 more people using vapes to try and quit smoking cigarettes](#)

New research from the National Institute of Health and Care Research (NIHR) Policy Research Unit in Addictions at King's College London and University College London has found that the introduction of the Government's Swap to Stop scheme resulted in a significant increase in the number of people using vapes (also known as e-cigarettes) to help quit cigarette smoking.